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The brain is the basis of everything we do: how we behave, communicate, feel, remember, pay attention, create, influence and decide. Why We Do What We Do combines scientific research with concrete examples and illustrative stories to clarify the complex mechanisms of the human brain. It offers valuable insights into how our brain works every day, at home and at work, and provides practical ideas and tips to help us lead happy, healthy and productive lives.

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Why We Do what We Do: Understanding Self-motivation ...

As we try to better understand ourselves and others, an understanding of motivators helps complete the picture DISC assessments start. Where DISC assessments provide insight as to a person's behavior, and HOW they do what they do, Motivators provide insight into WHY we do or don't connect with certain tasks, people, and ideas.

Understanding WHY We Do What We Do - CBK Coaching

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Because it's so difficult to agree on what understanding is -- what it looks like, what learners should be able to say or do to prove that they in fact understand. Wiggins and McTighe go on in the UbD series to ask, "Mindful of our tendency to use the words understand and know interchangeably, what worthy conceptual distinctions should we safeguard in talking about the difference between knowledge and understanding?"

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What Exactly Is "Understanding?" And How Do We Assess It ...

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Why We Do What We Do: Understanding Self-Motivation ...

One of our deep needs is simply to be able understand what is going on around us. Understanding enables control. If we understand the world around us, then we have a far greater chance of controlling it. Even if we cannot control it, we can make informed choices about what we might do next.

The Need for Understanding - How we change what others ...

Most of us got into what we do because we one, like it, or two, are good at it. We generally know what we want and need, as well as what we hope to achieve. The irony is, the further you travel down that path of accomplishment, whatever it may be, the more often you meet

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people whose success will stagger you and make you feel insignificant.

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